

NEHC *NUTRI-FACTS*  
**Food Facts**

## DAIRY PRODUCTS: MILK, CHEESE, AND YOGURT

*What nutrients do dairy products contain?*

Milk and other dairy products contain an appreciable amount of nutrients, including calcium, riboflavin, protein, magnesium, and vitamins B<sub>12</sub>, A, B<sub>6</sub>. Dairy products are considered nutrient dense foods since they provide many nutrients in high amounts relative to the number of calories.

*Does eating dairy foods improve your health?*

The intake of dairy foods helps to build and maintain strong bones and also helps to reduce the risk of osteoporosis. In addition, research suggests that the consumption of 3 – 4 servings of milk, cheese, and yogurt a day may play a role in weight management when combined with a balanced, reduced-calorie diet. Studies indicate that calcium may make it easier to lose weight.

*What are the current recommendations for dairy products for a healthy diet?*

- **Choose low-fat dairy products.** Regular dairy products, such as whole milk, cheese, and ice cream, are high in saturated fat and cholesterol. Choose low-fat, reduced-fat, and nonfat varieties of milk, cheese, and yogurt.
- **Eat at least 3 servings per day.** Consume at least 3 servings of dairy foods, with each supplying 300 mg of calcium.

*What are the serving recommendations for dairy foods?*

<b><i>Dairy Product</i></b>	<b><i>Serving Size</i></b>	<b><i>Amount of Calcium*</i></b>
Milk	8 oz (1 cup)	285 - 300 mg
Natural cheese	1 oz	175 - 275 mg
Yogurt	8 oz (1 cup)	275 – 450 mg
Ice cream	½ cup	90 –135 mg

*\*Amounts may vary depending on the brand.*

## CHOOSING HEALTHY DAIRY PRODUCTS

*What type of dairy products should you look for when you are shopping?*

You should choose low-fat or fat-free varieties. The products should have 3 grams or less fat per 100 calories. When selecting cheese, you should buy low-fat or those cheeses made with 2% milk. Also, you want to choose products that give you 20% or more of the calcium that you need. You can find that information on the label. Look below for an example.

*Kraft Shredded Mild Cheddar Cheese 2% Milk*

Serving Size 28 g

Serving per package 8

**Amount Per Serving**

**Calories** 80      **Calories from Fat** 50  
   **% Daily Value\***

**Total Fat** 6g      9%

Saturated Fat 3.5g      18%

**Cholesterol** 20 mg      7%

**Sodium** 230 mg      10%

**Total Carbohydrate** 1g      0%

Dietary Fiber 0g      0%

Sugars 0g

**Protein** 7g

Vitamin A 6%      Vitamin C 0%

Calcium 40%      Iron 0%

This is a good choice for cheddar cheese because it is made with 2% milk. It is also an excellent source of calcium since it contains 40% of the Daily Value.

*What brands should you select?*

Many brands have low-fat varieties of American, cheddar, mozzarella, and Swiss cheeses. In addition, there is a large array of other healthy dairy products. Check out the following products, but do not limit to just those listed. Read the label to determine if it fits the “healthy criteria.”

***Cheese:***

Alpine Swiss Lace Cheese

Kraft 2% Cheddar Cheese, Part Skim Mozzarella, 2% Singles

Sargento Reduced fat (Mexican)

Cracker Barrel Reduced fat 2% sharp cheddar

***Sour cream:***

Breakstone's fat free/reduced fat

Daisy fat free/light

***Yogurt:***

Yoplait Light

Dannon Light

Breyer's Light

***Cottage Cheese:***

Breakstone's lowfat/fat free

Light N' Lively lowfat/fat free

***Ice Cream:***

Healthy Choice

The Skinny Cow

Breyer's Light